

VITAL SIGNS

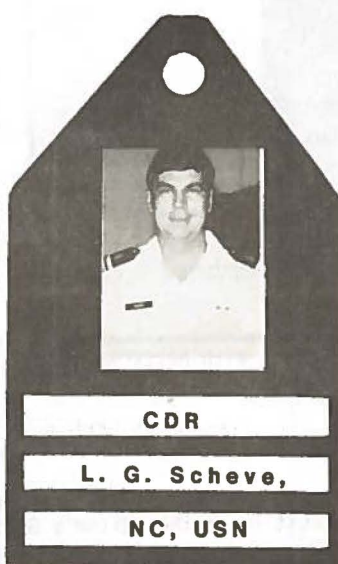
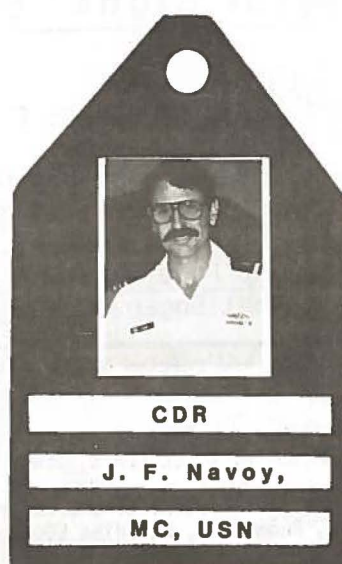
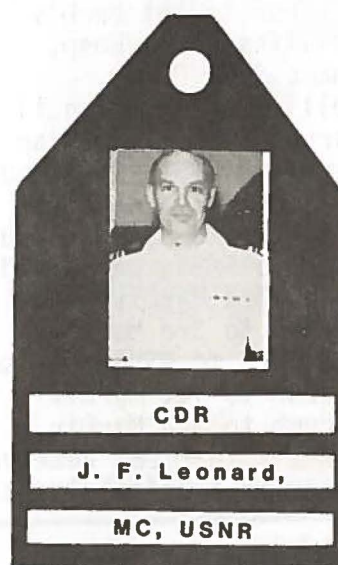


VOL V No. 7 Naval Regional Medical Center, Orlando, Florida

1 May 1982

30 April 1982 - A day they'll remember

New shoulder boards for our new Commanders



We're sorry you're leaving

LCDR J. Ulcickas, MSC, to BrHosp, NAS,
Sigonella

LCDR W. House on terminal leave

LCDR R. Schneider on terminal leave

CWO3 R. Woodruff, PA, to NRMC,
Philadelphia

LTJG R. Troxell to NNMC, Bethesda

HMC T. Mastin - terminal leave and
Fleet Reserve

HM1 J. Tabora to civilian life

HN M. Salzano to 2nd MarDiv

HN M. Maloney to NAMI, Pensacola

HN R. Williford to NAMI, Pensacola

HN D. Stotts to NAMI, Pensacola

HN T. Slate to 2nd MarDiv

HN D. McKeag to NSHS, San Diego

HN S. Kleckner to 1st MarDiv

HM2 L. Phillips to NavHosp,
Guantanamo Bay, Cuba

HM2 G. Collins to civilian life

HM3 R. Parvatikar to civilian life

HM2 T. Scott to NSHS, Portsmouth

HN R. Cole to NAMI, Pensacola

HN G. Zeller to NSHS, Portsmouth

HN R. White to FMSS, Camp Pendleton
and FFT to 3rd MarDiv

HN T. Gaffney to 3rd MarDiv

HN T. Prieskorn to NSHS, Portsmouth

HN J. Escobar to 1st MarDiv

HN C. Holcomb to 3rd MarDiv

HM1 B. Russell to Fleet Reserve

HM3 J. Dewar on terminal leave

Whoooizzit?

Do you know this staff member? The answer is on Page 8.

Gloria Carter retires

On 30 April, Captain Fout presented Gloria Carter, Fiscal and Supply Service, with her 30-year civil service pin and her Retirement Certificate. Also pictured is Commander Truran, MSC, Chief of the Fiscal and Supply Service.

Gloria started work at the Naval Hospital 1 July 1968 and therefore was a plank owner of the old facility as well as the new. Gloria's professionalism and personal commitment earned the respect and admiration of all personnel with whom she worked.

American Red Cross

Volunteer hours

for

March - 1,810 1/2

Vital Signs' Staff

Editor:

HMCM(SS) R. C. Clements, USN

Managing Editor:

Mary V. Van den Heuvel

Nursing Service Subeditor:

LT S. W. Tudhope, NC, USN

Ramp Page Reporter/Photographer:

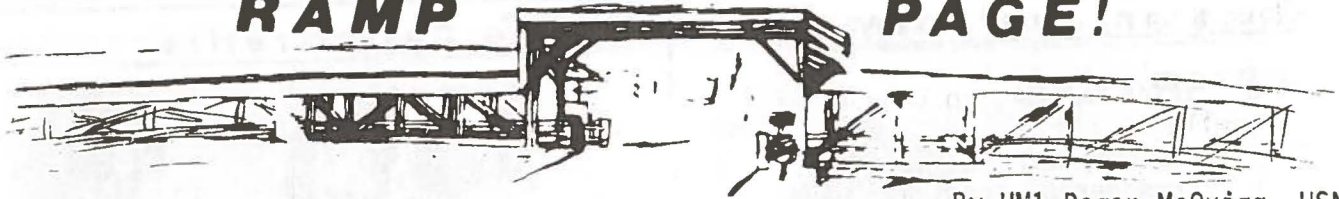
HM1 Bogan McQuigg, USN

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Commanding Officer: CAPTAIN L. R. FOUT, MC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

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RAMP**PAGE!**

By HM1 Bogan McOuigg, USN

How do you feel about it being lawful for people to carry loaded guns in cars?



CDR Kale Khoury, Jr., MC, Ob-Gyn: "Yes, if unloaded. Hunters should be able to carry unloaded rifles in the trunk. Loaded firearms, regardless of type and location in the vehicle, should be allowed only with special permits issued by law enforcement officials."



HM3 Claudia Travis, Eye Clinic: "No. They could easily be stolen and put into the hands of an irresponsible person."



Hazel S. Jewell, RN, Ward 4: "There are exceptions to almost every rule. I feel you should be allowed to carry a gun for security reasons."



Willie McNair, Linen Room: "Yes, for protection."



CDR Ray V. Bulusu, MC, Urology: "Never. You carry a gun only to kill yourself or others. Guns kill more innocent people than crooks."



HM3 William Hyneman, Emergency Room: "I think it would be stupid. How would you like some nut pulling a gun on you because he is mad at you for forgetting to use your turn signal!"

Just an everyday day at NRM C. . . .**Promotion**

CDR C. R. Loar, MSC, Director of Administrative Services, changes the gold bar for a silver one as Lisa Cathy, MSC, is promoted to LTJG.

Letters

CAPT Fout reads Letter of Appreciation for HN Patrick Armellino on his departure for the 2nd FSSG.



CAPT Fout congratulates HN Michael Hillmann on his Letter of Appreciation as he departs for 1st MarDiv.

Promotion?

LTJG Cathy places the "Bull" pin on ENS George Dailey, MSC, as he becomes NRM C's BULL ENSIGN.

Joggers

Captain Fout with two of our super joggers: LT Kort Meyer, NC, on left, who received a certificate for 4,000 miles, and CW03 Fredrick Sumner, PA, who received a certificate for 1,000 miles.



Congratulations, too, from CAPT Fout for HN Michael Watson for his Letter of Appreciation on his departure to 2nd MarDiv.

Former C/MC honored

HMCN John H. Phillips, USN, former C/MC for NRMC and now retired, donned his uniform for a special ceremony on 9 April. Captain Fout, on behalf of the Secretary of the Navy, presented Master Chief Phillips with his second award of the Meritorious Service Medal. The award was merited by his performance of duty at the U.S. Army Medical Intelligence and Information Agency, Ft. Detrick, MD. Master Chief's wife, Margaret, was on hand for the ceremony, as well as their son and daughter with their families.

LOC for MS1 Owen

CAPT Fout congratulates MS1 Frank E. Owen on his Letter of Commendation for his super job as our Unaccompanied Enlisted Personnel Housing Manager.

Can you believe... 1 year?

April 23rd marked the first anniversary of the dedication of our new hospital facility. To commemorate the day, there was an official cake and when there is an official cake, there is an official cake-cutting ceremony! Captain Fout was ably assisted by Captain Schefstad, Director of Clinical Services (on left), Captain Nickerson, Director of Nursing Services, and Commander Loar, Director of Administrative Services.

**BRAVO****ZULU**

The Commanding Officer has received patient "LOA's" for the following staff members for their devoted, compassionate, high quality health care:

CAPT L. E. Nickerson, NC,
 Director of Nursing Services
 CDR G. G. Dunn, NC, Family Practice
 LCDR M. S. Voit, MC, Emergency Room
 LT G. T. Flynn, MC, Emergency Room
 LT S. J. Zorn, MSC, Eye Clinic
 HM2 M. K. Stroud, X-ray
 J. L. Cuccia, X-ray
 HN I. K. Wojcik (two letters - one
 for EKG and one for Duty Section
 in ER)
 HN C. M. Travis, Eye Clinic
 R. J. Garmon, Laboratory

Our primary mission is patient care;
 let's make it the best in the Navy!

Internal Medicine Service



**CDR M. E. Golembieski,
MC, USN
Chief of Service**

NRMC's Internal Medicine Service, headed by CDR M. E. Golembieski, MC, USN, provides both primary and consultative care to in-and-out patients. The Service, staffed by a highly professional and dedicated group of health care providers, is made up of four different sections: The Internal Medicine Clinic, the Chronic Care Clinic, the Respiratory Care Section, and the Electrocardiography Section. The Service also provides non-invasive study capability in stress testing, echocardiography and pulmonary function testing. In-house care is provided in the ICU/CCU, Telemetry Unit and general medical ward.



**CDR F. M. Bumagat,
MC, USNR**



**LCDR I. J. and LCDR R. J.
Schneider, both MC's, USNR**

CDR Golembieski's staff encompasses members of the Medical Corps, Nurse Corps, Physician Assistants, Licensed Practical Nurses, Respiratory Therapists, general duty Hospital Corps personnel, and secretaries.



HN M. Maloney, USN

* * * * *



**LCDR D. L. Tuskey, NC, USN, Charge Nurse,
and Senior Corpsman, HM3 B. E. Hoodye, USN**



LCDR W. C. House, MC, USNR

• • A busy, busy clinic



**LCDR E. A. Truchelut,
MC, USNR**



CWO3 J. W. Vance, PA, USN



Judith Taylor, LPN



HN D. E. Frett, USN



Bessie Joyal



Marie Lamothe



EKG's: HN I. K. Wojcik, USN



CWO3 F. S. Sumner, PA, USN



HN C. Forsman, USN



**Inhalation Therapy: (left to right) HN E. Ivonnet, USN,
HN K. M. Toomer, USN, Joe Callender, Supervisor,
HM3 C. R. Gibson, USN, and HN H. Becerra, USN**

CAREER COUNSELOR'S



CORNER

HMC Rex M. Reeder, USN

Class "C" school openings

We recently received a message from BuMed informing us that some of the HM Class "C" schools have been granted increased quotas. Therefore, we have been encouraged to actively seek volunteers.

Here's the list for you to look over and if you think you might qualify, come in and see me.

- 8402 - Nuclear Submarine Medicine Technician (This is for HM2 and above. Must have two HM2 evals in your record.)
- 8407 - Nuclear Medicine Technician (Surface)
- 8408 - Cardiopulmonary Technician
- 8416 - Clinical Nuclear Medicine Technician
- 8433 - Transplantation Technician
- 8446 - Otolaryngology Technician
- 8452 - X-ray Technician (must already have Basic X-ray NEC of 8451)
- 8454 - Electroencephalography Technician
- 8463 - Optician Technician
- 8478 - Biomedical Equipment Technician, Advanced (Must already have the Basic NEC - 8477)
- 8482 - Pharmacy Technician
- 8483 - Operating Room Technician
- 8486 - Urology Technician
- 8503 - Histopathology Technician
- 8506 - Medical Laboratory Technician, Advanced (Must already have the Basic NEC - 8501)
- 8541 - Inhalation Therapy Technician

Thanks . . .and "Well Done"

As CPOIC of the Naval Training Center's Funeral Detail, I wish to express my sincere appreciation to those corpsmen who were assigned, at various times, to this most reverent of military ceremonies. To those outstanding young sailors of Orlando's Naval Regional Medical Center, I want you to know that your professional manner and military bearing reflects credit upon yourself and your command. It was indeed an honor and pleasure to have you as a member of this elite team. "Well Done."

NCC Mike Levy, USN

The following NRMIC personnel have been assigned on funeral details:

HM3 Thomas A. VanPelt, USN
 HN Duane L. Beck, USN
 HN Jeffery Cayll, USN
 HN Kenneth D. Roark, USN
 HN David L. Pruitt, USN
 HN Michael Macomber, USN
 HN Thomas Prieskorn, USN
 HN Anthony Montgomery, USN





NURSING SERVICE



LT S. W. Tudhope, NC, USN

Do you dare?

Determining the subject matter for this month's article did not turn out to be an easy task. However, reading through some of my books, I came upon this parable and felt that we all could relate to it at one time or another during our lives.

"Upon the Sand"

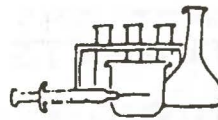
"Said one man to another, 'At the high tide of the sea, long ago, with the point of my staff I wrote a line upon the sand; and the people still pause to read it, and they are careful that naught shall erase it.' And the other man said, 'And I, too, wrote a line upon the sand, but it was at low tide and the waves of the vast sea washed it away. But tell me, what did you write?' And the first man answered and said, 'I wrote this: I am he who is. But what did you write?' And the other man said, 'This I wrote: I am but a drop of this great ocean.'"

From The Wanderer by Khalil Gibran

I relate this story to the time in our lives when we try to choose between "going along with the crowd" for the sake of social and/or peer pressure, as opposed to standing alone and being noticed for what we are as an individual -- unique in our own right.

Those who stand alone and are counted for their individuality, tend to stand fast and endure the societal influences of mankind and time..... or, you can blend in with the vastness of society and become lost or indistinguishable from the other drops "that make up the great ocean" of man. The choice is simple -- and lies within us all. Those who dare to be different are usually revered for their beliefs, values and attitudes.

Do you dare?



LAB LINE

By CAPT P. E. Petit, MC, USN

NTC Annex Lab

HMC Frank Connor directs the laboratory at the Family Practice Clinic, NTC Annex. He is especially happy these days having recently received a new automated cell counter to support his hematology testing. The instrument is the J. T. Baker 7000 Cell Counter. It is a full 7 parameter instrument printing values for the WBC and RBC counts, Hemoglobin and Hematocrit, as well as the red blood cell indices MCV, MCH, and MCHC. It is a micro - processor controlled instrument with a variety of alphanumeric operator codes. The machine thus "talks" to the operator self diagnosing any malfunction.

The new machine replaced four old instruments which were required to perform the same testing. It is much faster and more accurate than the instruments it replaced. Chief Connor loves to show off his new machine that talks. Stop by the Laboratory at the NTC Annex sometime and ask Chief Connor to have the machine talk to you. No, "set the watch" is not in its vocabulary!



HMC Connor and J. T. Baker 7000 Cell Counter

Did you see that volleyball game?



On Wednesday, 28 April, CPD and Medical Repair played a couple of "hot" games with CPD winning 21-15 and 21-16. Hey, CPD, how about a re-match?



CHAPLAIN'S COMMENTS

By LT J. L. Doss, CHC, USNR

The dedicated reap... the greatest rewards

Roy E. DeBrand, of the First Baptist Church, Americus, Georgia, related the following story:

"As the starting gun sounded at the July 4, 1981 Peachtree Road Race in Atlanta, 25,000 runners shuffled off the first of many steps before their 10,000 meters was run. Some twenty-eight minutes later, Craig Virgin eased across the finish line in record time to claim his 3rd annual victory. But the greatest victory was yet to come.

It came some hour and twenty minutes later as Mitch Dees crossed the finish line, dead last. His time was atrocious as far as speed goes. Almost two hours to run 6.2 miles. But when you've been afflicted with cerebral palsy since birth, run with twisted legs and oddly angled feet, just finishing at all is a great victory in determination.

What a lesson in triumph! What guts! Nearly 25,000 people in various degrees of health began the race. More than 1,000 starters didn't finish. But palsied Mitch Dees finished. More joggling along than jogging, he ran the race, finished the course and won a great deal of self-satisfaction. He trained for the race nearly a year. It was his first. All along the way people cheered him on. About a mile from the finish line, Dees confessed, 'I wasn't quite sure that I would (finish), but the rest of the way I just knew I'd make it, and I did.'"

God bless Mitch Dees and the hundreds of handicapped heroes who provide us inspiration in their courage. Let's remember his example next time we get to feeling sorry for ourselves or are prone to give up a difficult task too easily. Sometimes we quit too soon. We need staying power. Tenacity. The victories are not for the swift and strong alone, but to the diligent, those who persevere.

Civilian Performance

Awards

Under the new system for evaluating job performance of civilian employees, the actual date of the evaluation will vary with each person. If an employee has reached the top step of their grade, they will be evaluated on their birthday; otherwise, all evaluations will be completed on the employee's anniversary date of their "within grade" increase.

The Commanding Officer is proud to announce the awards which were made during the first three months of 1982.

OUTSTANDING PERFORMANCE RATING

Dolores A. Thompson, H-11

QUALITY SALARY INCREASE

William F. Holton, H-19

OUTSTANDING PERFORMANCE RATING (With Sustained Superior Performance)

Thomas J. VanElls, H-34
Doris E. Villar, H-38

SUSTAINED SUPERIOR PERFORMANCE

Victoria A. Barbelet, H-31
Coke D. Berryman, H-34
Mary M. Davis, H-34
Charles L. Watson, H-19

OUTSTANDING PERFORMANCE RATING (With Quality Salary Increase)

Betty D. Lyerly, H-13
Joyce H. Dover, H-00
Debra A. Anderson, H-34
Margaret E. Caldwell, H-11

The entire civilian staff is commended for their fine performance in support of the command mission.

The same truths apply on the spiritual plane. There are many who begin with a flash. But it is the dedicated who stick to the faith through the years who reap the greatest rewards. Jesus said, "He who endures to the end will be saved" (Matthew 10:22). In the long run, it is diligence that matters most. Don't give up. There's victory in finishing what you start, regardless of the handicap and obstacles!



Master Shipwreck

HMC(MSS) R. C. Clements, USN

Come on in,

my door is open!

During the recent Human Resources Management Survey, information was conveyed to me that some of the younger staff personnel were intimidated to visit with the Command Master Chief. My office is always open to any member of the staff on a first come, first serve basis. No appointment required. No chit required.

To assist in counseling enlisted members E1 - E6, the Enlisted Advisory Program has been established. Chief Petty Officers and Senior First Class Petty Officers have been assigned as enlisted advisors to provide assistance and advice to junior enlisted personnel. Please use the enlisted advisor in matters such as applications for school, education, financial problems, legal problems, or any questions or problems that you might have.

The Command Master Chief works directly for the Commanding Officer and has direct access to the Commanding Officer in matters concerning the administration of enlisted personnel; however, the Command Master Chief works for and with all chiefs of service on any matter concerning the welfare of all enlisted personnel.

I meet regularly with the senior corpsmen on a monthly basis and have recently been invited to attend the senior corpsmen meeting on each of the wards. It would be a pleasure for me to be invited to attend any divisional, service or unit meeting in the future. In the meantime, please feel free to call or visit me at any time. If you come by the office when I am not in, please leave a note. If you call my office and I am not in, please leave a message on my recorder.

Be seeing you, shipmates!

Command Master Chief Feature

Meet another of our Enlisted Advisors



HMC Francis W. Davidson, USN

Chief Davidson is assigned as the Chief Petty Officer in Charge of the Outpatient Clinics. He reported to NRMC in July 1980 and has 13½ years in the Navy. In addition to his Outpatient Clinics responsibilities, Chief Davidson serves as the Enlisted Advisor for the following personnel:

HN Janet Bojko, HR Mark Bordwell, HN Edward Boyle, HM3 Larry Brabant, HN Darrel Bridges, HR Beverly Brooks, HA Gregory Brown, HM3 Rex R. Brown, RP3 David Brytowski, HR Sheila Thomas, HA Thomas Cruz, HN Cynthia Buchanan, HN Laurent Marley, HM1 Lee Matthews, and HM3 Kathy Michael.

HMC T. L. Mastin

transfers to FltRes



During the ceremony held on 30 April, Master Chief Clements presented Chief Mastin with the traditional "Duty Station" plaque.



CAPT Fout's Skipper - gram

"Burnout"

A few days ago, the Command Master Chief commented to me that he thought some of our staff might be suffering from "burnout." The conversation that followed reminded me of a recent article written by a friend of mine, Ernie Johnson, M.D. I shared the article with the Master Chief and I believe it appropriate that I share some of the salient parts of the article with you.

In almost every magazine or newspaper today we can find an article on "burnout." Dr. Johnson suggests generally burnout is misleading shorthand vintage -- Madison Avenue. Borrowed from space-age press releases, it has become a metaphor for "I give up!"

It's an easy way to say, "I surrender," or better yet, a socially acceptable word for fatigue, laziness, change-of-heart, depression or simply another rationalization for throwing in the sponge. It's a quick and easy way to avoid the complexities of life and/or avoid responsibility.

In short, "burnout" is a cop out, a deception -- shorthand to cloak an unpleasant situation threatening to our ego -- an acceptable verbal "bow out" and no need to explain.

Most of us have seen "burnout" in others but surely never in ourselves.

*Mother's Day
May 9*



CRA NOTES

By Joyce Sienia

New Board of Directors

The CRA members have elected their Board of Directors and the Commanding Officer has appointed the following:

Chairperson	Joyce L. Sienia	H-39
Vice Chairperson	Robert E. Davis	NRDC-23
Secretary	Judith E. Brooke	H-34
Treasurer	Joseph C. Kinzler	H-38
Members	Jean M. Rodarte	H-17
	Ruby J. Garmon	H-08
	Dianna F. Bates	H-36
	Lois Rogers	NRDC-23
	Paul Sampson	H-32
	Wesley H. Sorensen	H-38
	Joanna M. Weller	H-39
	Linda W. Rieger	H-11
	Doreen A. Lett	H-17
	Mary D. Goad	H-11
	Catherine E. Davidson	H-26

CRA BIRTHDAY GREETINGS TO: Holland Wilderson on 1 May; Sylvia Boothe and Richard Cohen on 7 May; Mary Sobczak on 8 May; Barbara Jenkins on 10 May; Jessie Howell on 15 May; Elizabeth Cochran on 17 May; Rodney Hamm and Lovie Tompkins on 18 May; William Greenan on 24 May; Stuart Jester on 26 May; Mary M. Ramsey and Mary N. Ramsey on 27 May; and Elizabeth Kelly on 30 May.

Whoooizzit

It's Patricia Horn, Medical Transcriptionist in the Patient Affairs Service. Pat has been an employee at the hospital since December 1971 and has spent most of that time in Patient Affairs. For 2½ years she served as the Secretary to the Chief of Surgery. Pat is married and she and her husband, Jack, have two sons, Gary and Dennis and have one grandchild. Pat originally hailed from Wyoming. Pat says she was an "Army Brat," an "Air Force Wife," and now a "Navy Employee." Somewhere along the line she missed the Marines!

